NOURISHING TRADITIONAL DIETS

The Key to Vibrant Health



by Sally Fallon Morell, President
The Weston A. Price Foundation

WHAT IS A HEALTHY DIET?



Even Lisa is confused!

Atkins Diet?

Vegetarian/Vegan?

Zone Diet?

Macrobiotic?

South Beach Diet?

Juicing?

Food Combining?

Blood Type Diet?

Metabolic Typing?

All Raw?

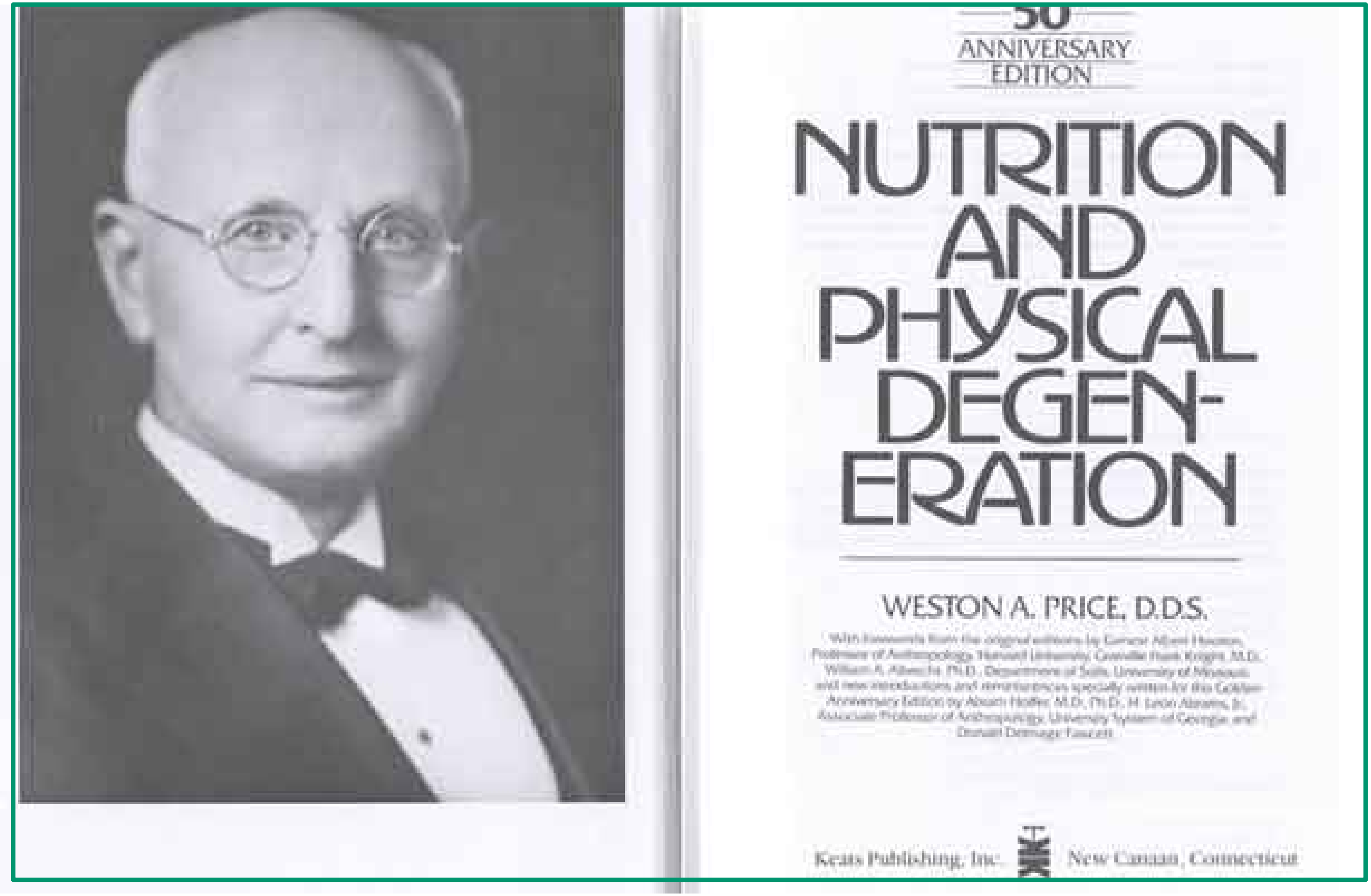
Or is it the
US Government Official Diet. . .



. . . designed to promote the products of commodity agriculture?

. . . and resulting in an epidemic of obesity, learning disorders and malnutrition!

WESTON A. PRICE 1870-1948



Photos from *Nutrition and Physical Degeneration* copyright and courtesy Price-Pottenger Nutrition Foundation

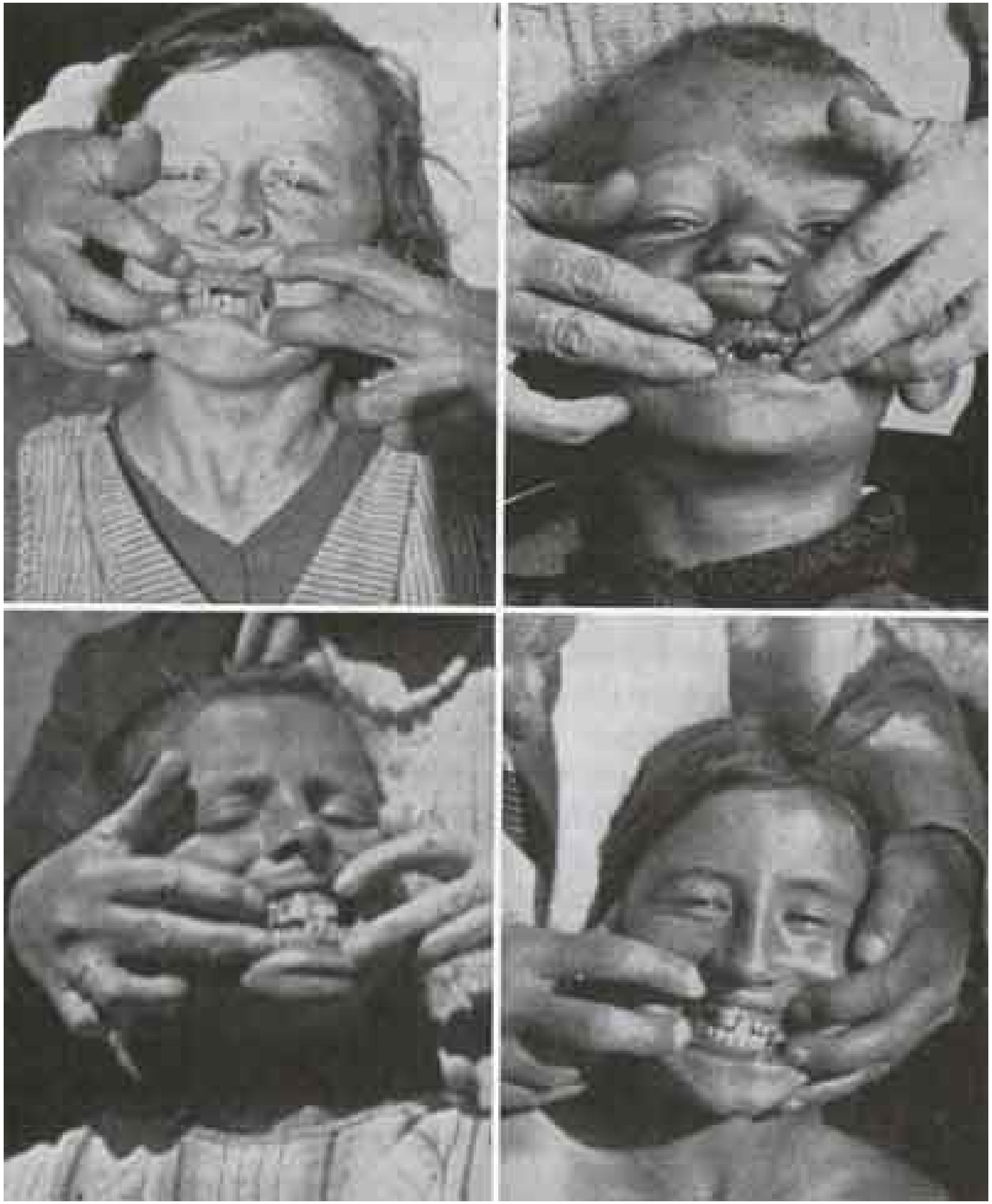
LOETSCHENTAL VALLEY, SWITZERLAND





PRIMITIVE SWISS





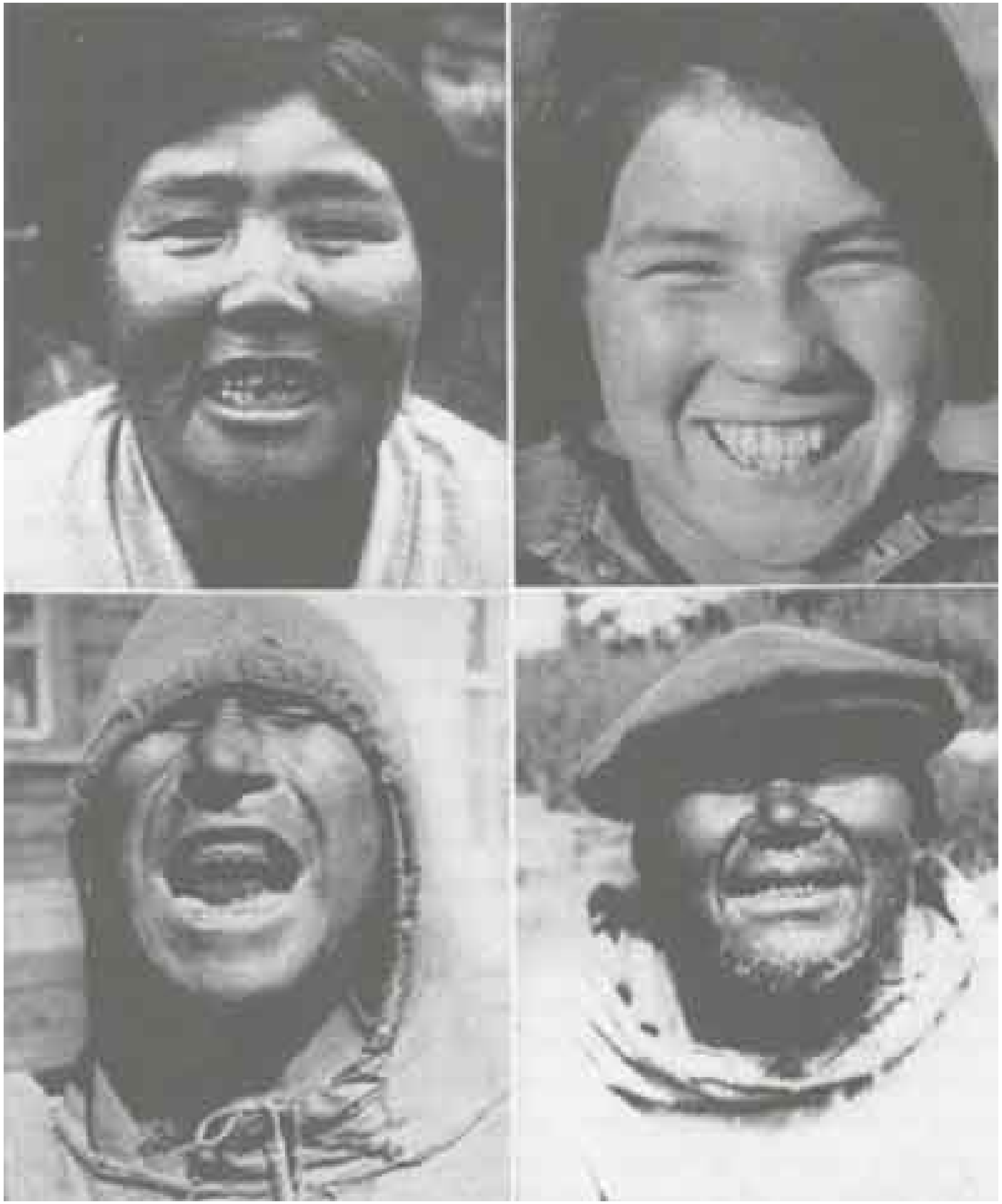
MODERNIZED SWISS



PRIMITIVE GAELIC PEOPLE

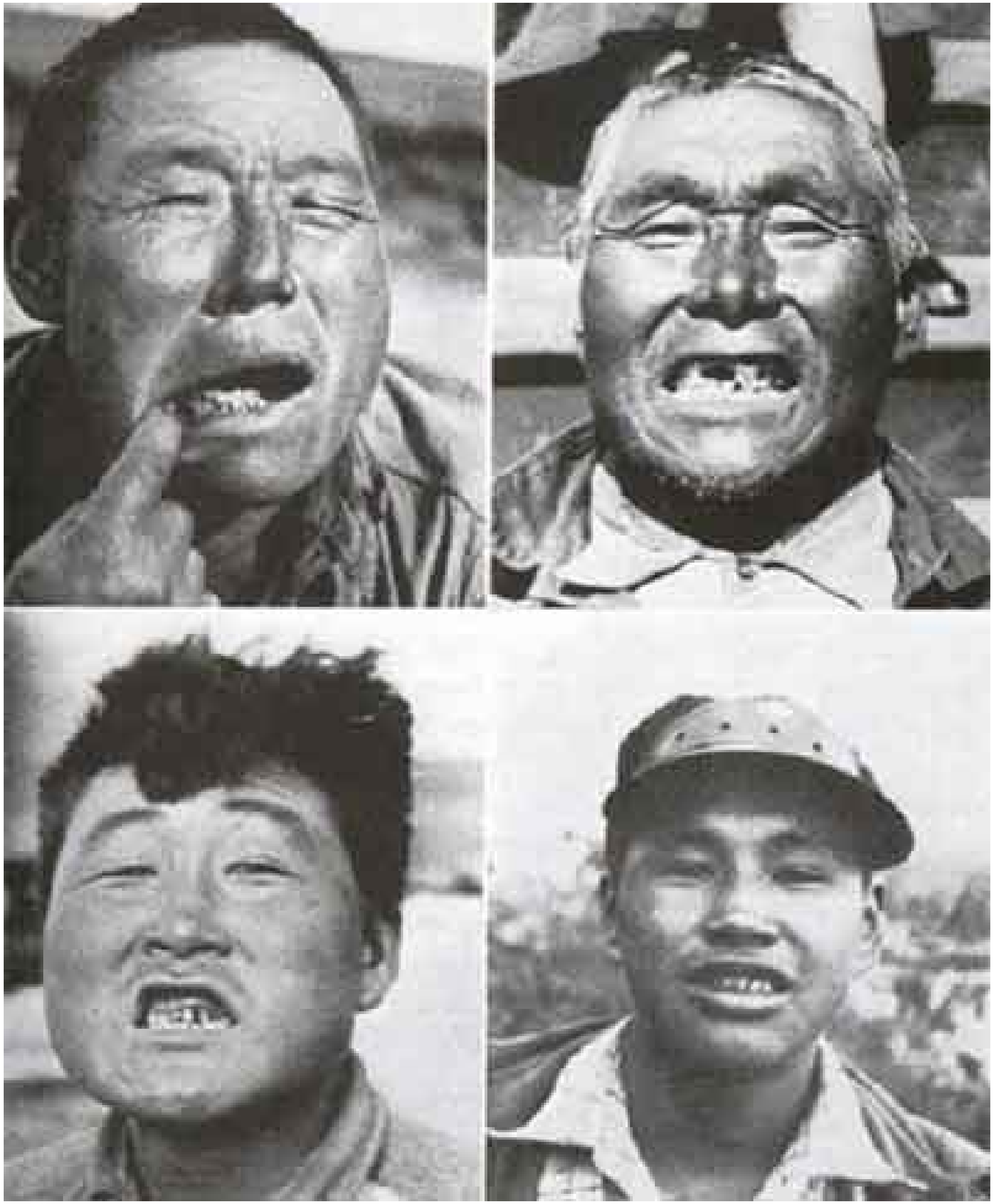


PRIMITIVE ALASKAN PEOPLE



PRIMITIVE ALASKAN PEOPLE

Free of tooth decay and degenerative disease.



MODERNIZED ALASKANS

First generation suffered from tooth decay.

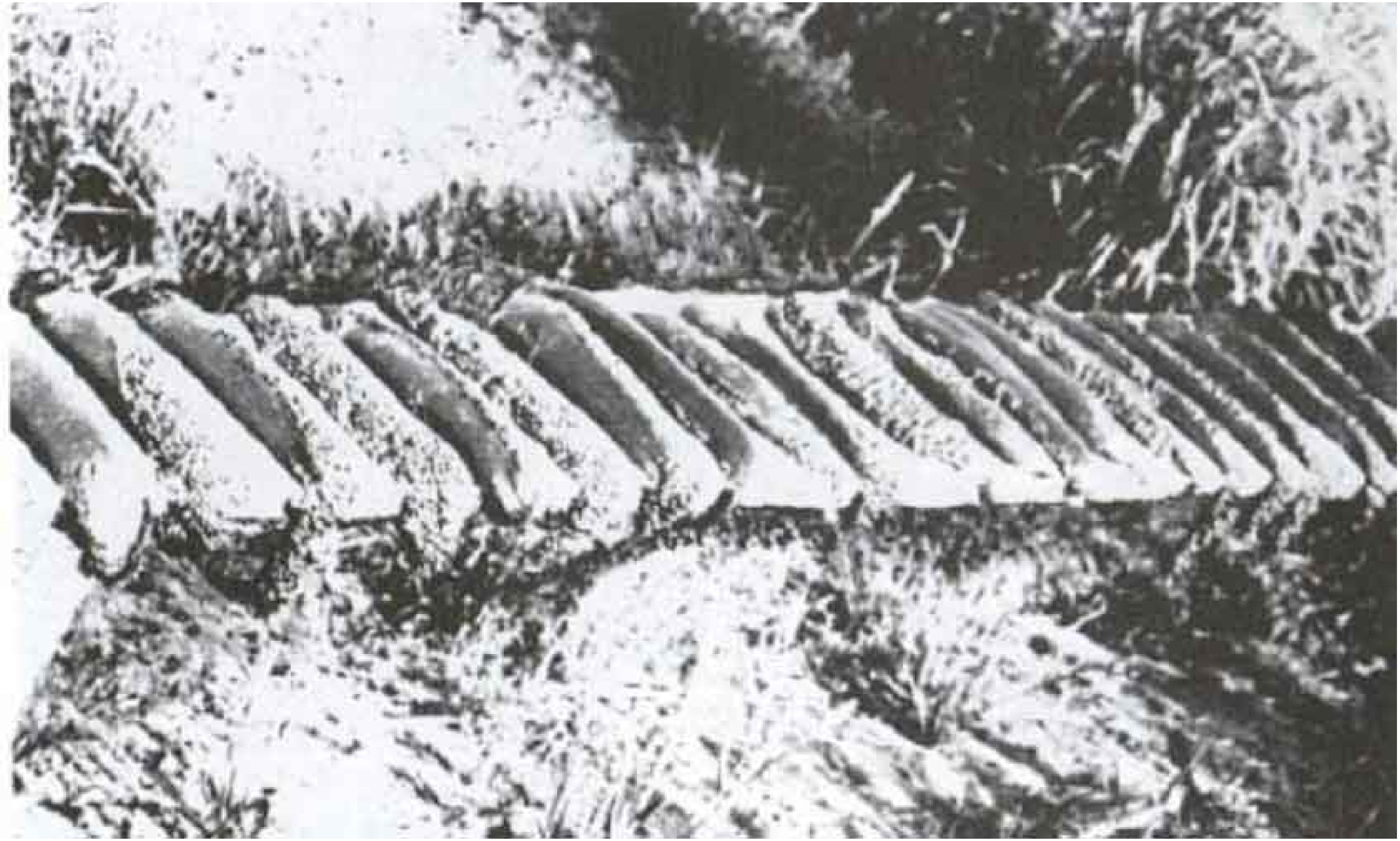


MODERNIZED ALASKANS

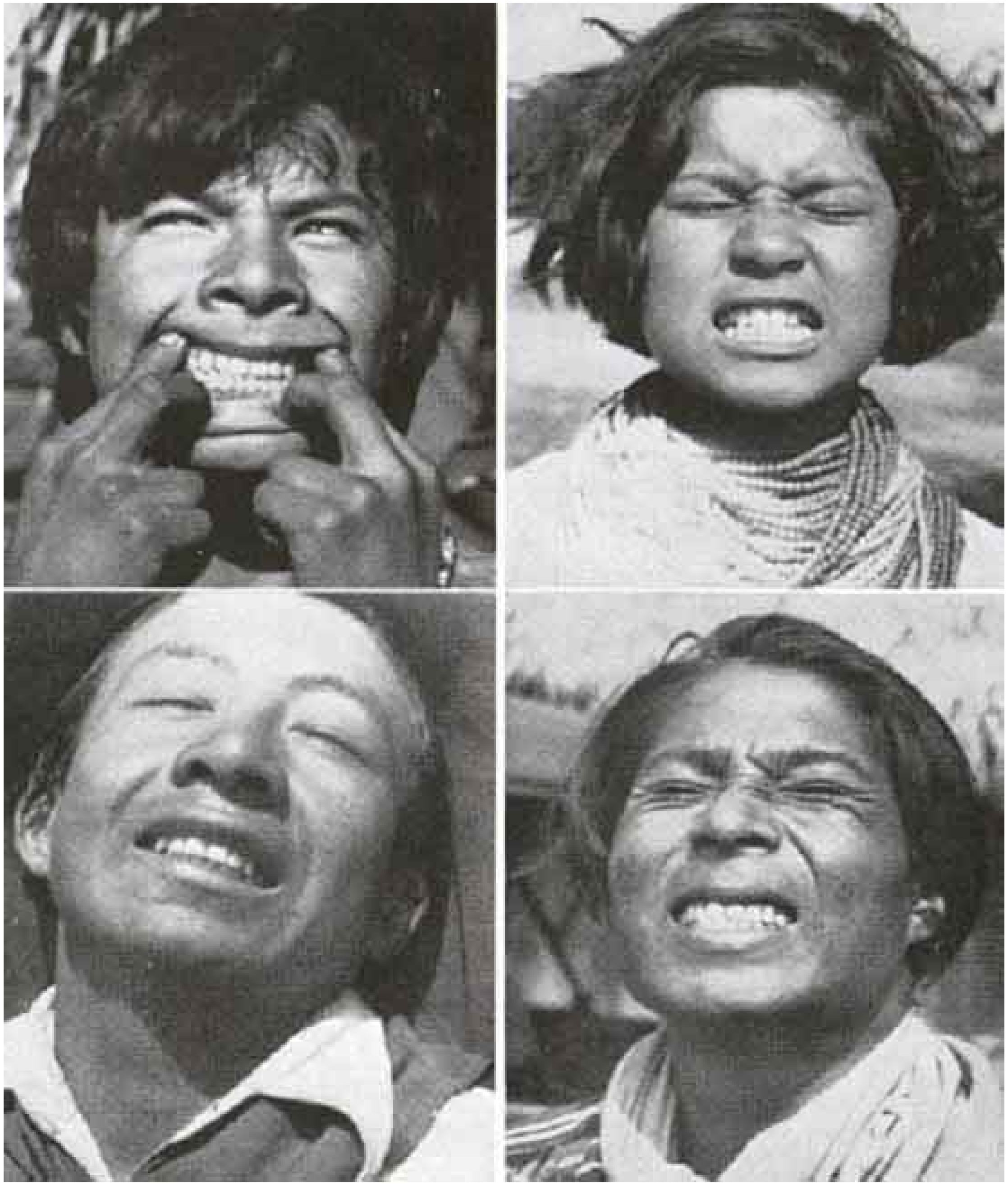
Second generation had more narrow faces, dental crowding and suffered from modern diseases.



SEAL OIL: A major source of calories in a diet containing 80 percent fat.



FISH EGGS: A sacred food of the Eskimos, for ensuring healthy babies.



PRIMITIVE SEMINOLE INDIANS of FLORIDA

Beautiful facial development shows optimal expression of genetic potential.



MODERNIZED SEMINOLE INDIAN of FLORIDA

Poor diet has prevented optimal expression of the genetic potential.

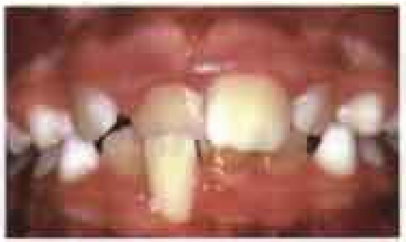
THE TEETH TELL THE TALE!

STRAIGHT TEETH	CROOKED, CROWDED TEETH
Plenty of room in head for pituitary, pineal, hypothalamus	Compromised space for master glands in the head
Good skeletal development, good muscles	Poor development, poor posture, easily injured
Keen eyesight and hearing	Poor eyesight and hearing
Optimal function of all organs	Compromised function of all organs
Optimistic outlook, learns easily	Depression, behavior problems, learning problems
Round pelvic opening, easy childbirth	Oval pelvic opening, difficult childbirth

MODERN VS TRADITIONAL FACIAL STRUCTURE



TYPICAL DENTAL DEFORMITIES



ANTERIOR CROSSBITE



POSTERIOR CROSSBITE



CROWDING



OPEN BITE

An open bite is usually due to an oral habit.

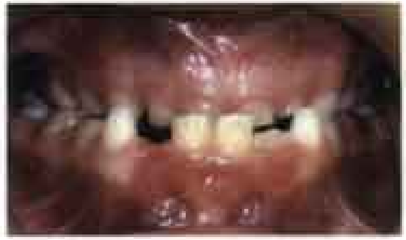


PROTRUSION



ECTOPIC ERUPTION

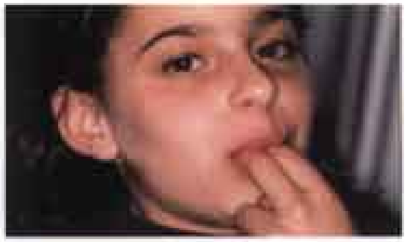
Ectopically erupting maxillary molar.



COMPLETE CLASS III

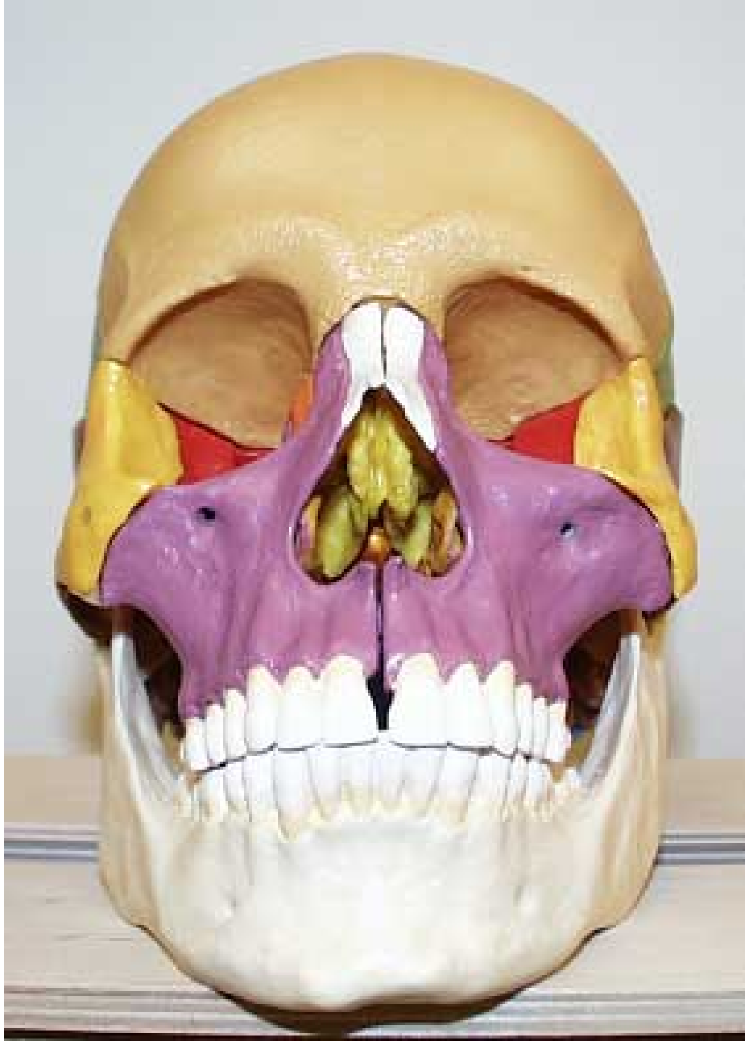


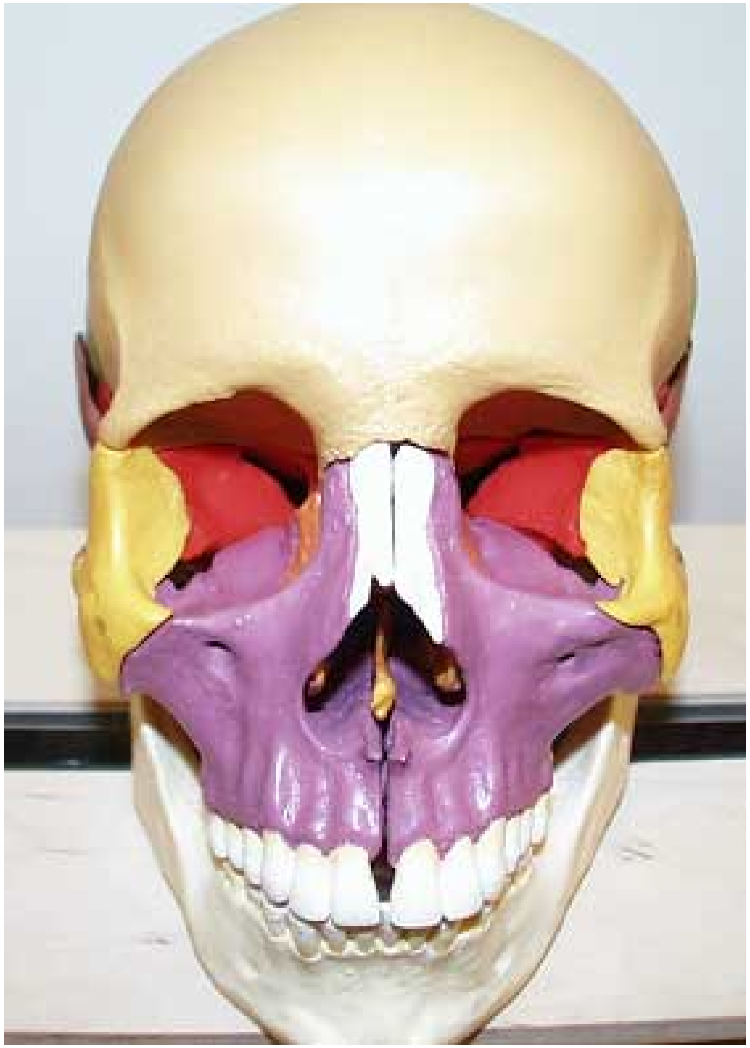
DIASTEMA



ORAL HABITS

THE FACIAL BONES







PRE WWII AMERICAN

Diet included whole raw Jersey milk, butter, cream, shellfish, fish eggs, meat, broth, fruits, vegetables, cod liver oil

NORMAL FACIAL DEVELOPMENT

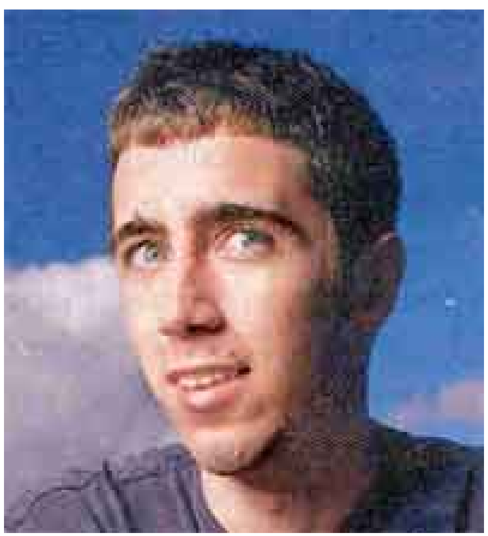


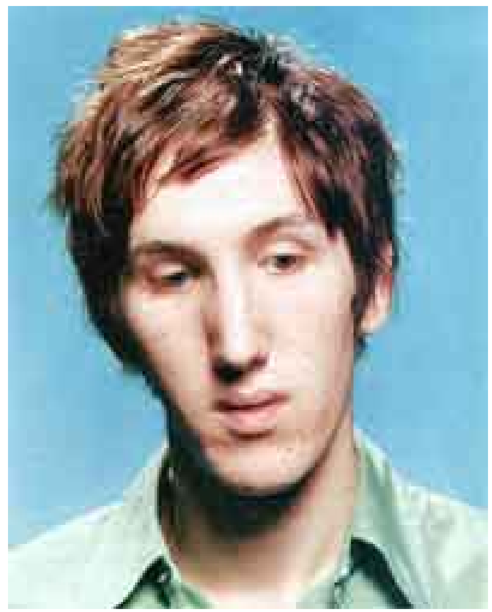
The typical Central American diet includes raw goat milk, seafood, organ meats, insects, cheese, rice and beans.











MODERN CHILDREN

Most modern children have thin faces and need braces to straighten their teeth

EVERY TRADITIONAL DIET CONTAINS ANIMAL FOODS

FISH AND SHELLFISH: including organs, oil, bones, heads, etc. Weston Price found the best bone structure among those eating seafood

BIRDS: Chicken, ducks, geese, etc., including the organs, fat and skin.

RED MEAT: Beef, goat, sheep, game, etc., with ORGAN MEATS and FAT preferred.

MILK AND MILK PRODUCTS

EGGS REPTILES INSECTS

ANIMAL FOOD NUTRIENTS

THESE NUTRIENTS ARE FOUND ONLY IN ANIMAL PRODUCTS

Vitamin A

Vitamin D

Cholesterol

Vitamin B12

Very Long Chain, Superunsaturated fatty acids (AA, EPA and DHA)

THESE NUTRIENTS ARE MORE EASILY ABSORBED FROM ANIMAL PRODUCTS

Calcium

B6

Magnesium

Iron

Zinc

Copper

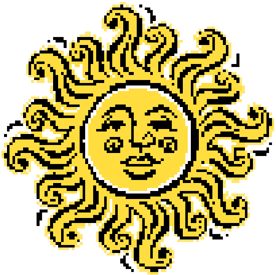
VITAMIN B12 DEFICIENCY

EARLY SIGNS	PSYCHIATRIC DISORDERS	CHRONIC DISEASE
Fatigue	Depression	Multiple sclerosis
Tingling in hands and feet	Obsessive-compulsion	Anemia
Sleep disorders	Manic-depression	Cancer
Irrational anger	Dementia/ Alzheimer's	Heart disease

NUTRIENT DENSITY
Dr. Price’s Key Finding

Primitive Diets contain 4 times the calcium and other minerals, and 10 times the fat-soluble vitamins as the modern American diet.

SOURCES OF VITAMINS A and D



SEAFOODS

Fish Eggs

Fish Livers

Fish Liver Oil

Fish Heads

Shell Fish

Oily Fish

Sea Mammals

LAND ANIMALS GRASS-FED!

Insects

Butter and Cream

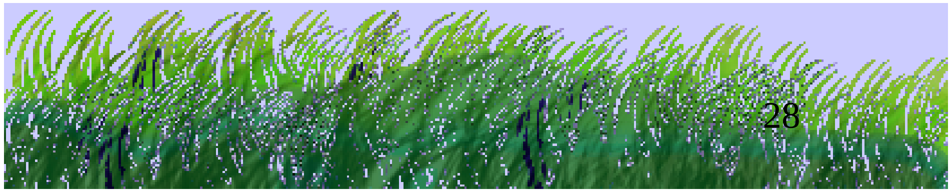
Egg Yolks

Liver, Organ Meats

Animal Fat

(Especially mono-gastric animals such as (birds, pig, bear, Guinea pig)





THE FAT-SOLUBLE ACTIVATORS A and D

A question arises as to the efficiency of the human body in removing all of the minerals from the ingested foods. Extensive laboratory determinations have shown that most people cannot absorb more than half of the calcium and phosphorus from the foods eaten. The amounts utilized depend directly on the presence of other substances, particularly fat-soluble vitamins.

It is at this point probably that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amount of the special activating substances, including the vitamins [A and D] **needed for rendering the minerals in the food available to the human system.**

It is possible to starve for minerals that are abundant in the foods eaten because they cannot be utilized without an adequate quantity of the fat-soluble activators.

Weston Price, DDS

Nutrition and Physical Degeneration

BRICKS AND MORTAR



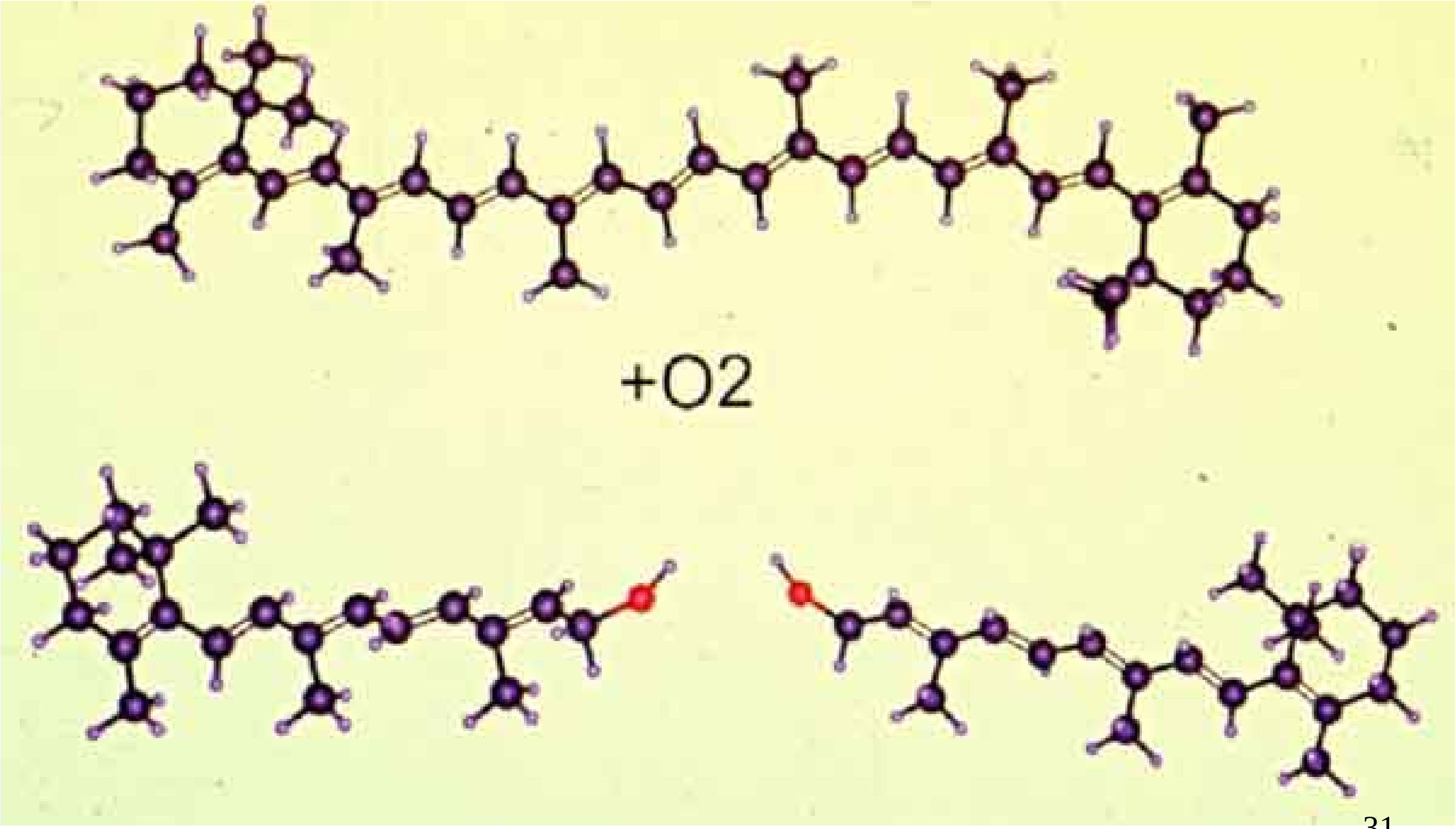


The body is like
a house or temple,
built of bricks and mortar

BRICKS = Minerals

MORTAR = Fat-Soluble Activators A and D

CONVERSION OF BETA-CAROTENE TO VITAMIN A



CONVERSION PROBLEMS

Needed to Convert Carotene to Vitamin A

Fats in the diet Thyroid Hormone

Enzymes (as yet unknown) Vitamin E

Conversion & storage is difficult or impossible for

BABIES AND CHILDREN DIABETICS

Individuals with poor thyroid function

Individuals with poor liver function

Individuals with poor intestinal absorption

Individuals with high intake of sodium nitrites and nitrates

Individuals exposed to pesticides and other toxins

Individuals who consume lots of carotene

Even under optimal conditions,
plant sources of carotene cannot supply
sufficient vitamin A for optimum health.

VITAMIN A is NEEDED FOR

Protein assimilation

Calcium assimilation

Proper growth

Fetal development and prevention of birth defects

Proper function of the glands

Thyroid function

Immune system function

Production of stress and sex hormones

Eyes, skin, bones

Brain function, planning and goal-oriented behavior

PRE-CONCEPTUAL DIET



Human Embryo at 6 Days Old. Heart is already forming.

- Diet rich in sacred foods must begin BEFORE conception
- At least SIX MONTHS for healthy men and women
- ONE TO TWO YEARS for those who have been vegetarians, eaten the standard American diet or have been exposed to pesticides and industrial chemicals.

CHOLESTEROL

The Mother of All Hormones

ACTH → **Cholesterol**

Pregnenolone → Progesterone → Corticosterone

Aldosterone

Corticosterone

Pregnenolone → Progesterone → 11 Deoxycortisol → Cortisol

DHEA → Androstenedione → Estradiol

Testosterone

SEX HORMONES

REGULATE MINERAL METABOLISM, GLUCOSE LEVELS, HEALING AND STRESS

Vitamin A is needed for each conversion.

***Trans* fats inhibit enzymes that make these conversions.**

VITAMIN A is DEPLETED by

Stress

Excess Dietary Protein

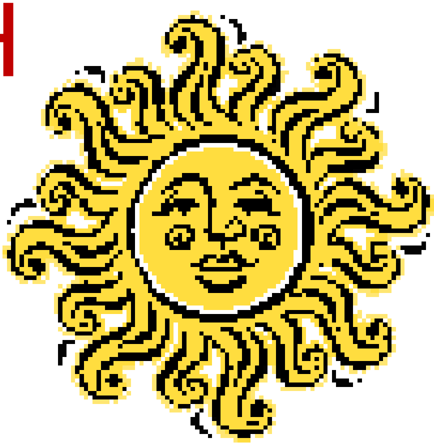
Cold Weather

Fever and Illness

Physical Exertion

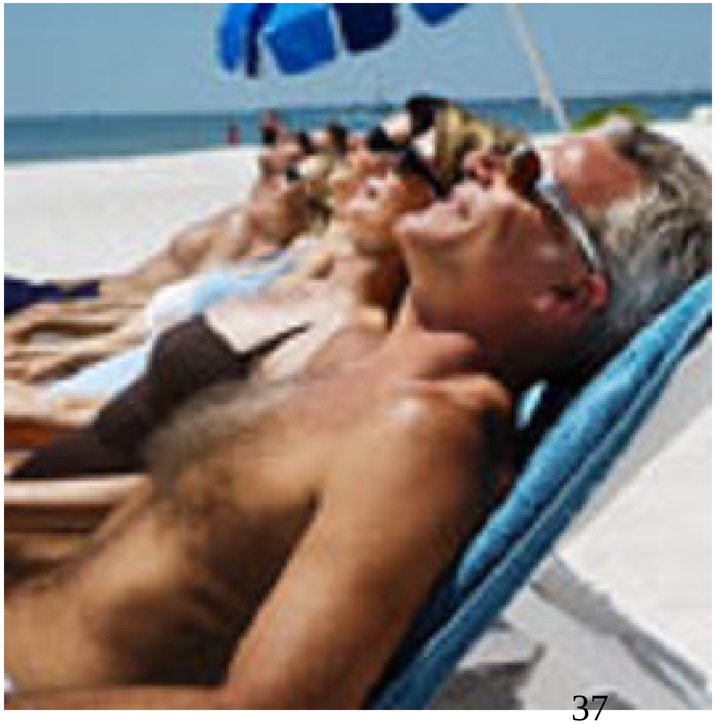
Exposure to Toxins

VITAMIN D MYTH



MYTH - To get adequate vitamin D, just expose your face and hands to sunlight for 10 minutes every day.

TRUTH - The body makes one form of vitamin D out of cholesterol by the action of UV-B sunlight on the skin. However, except in the Tropics, UV-B is available only at MID-DAY during the SUMMER months.



VITAMIN D FOOD SOURCES

All healthy primitive groups, including those living in the tropics, had rich dietary sources of vitamin D.

Fish liver oils	Butter
Fish Eggs	Egg yolks
Shell fish	Organ meats
Oily Fish	Fat of birds
Insects	Fat of pigs
	Blood

ROLES OF VITAMIN D

Healthy bones
Proper growth
Mineral metabolism
Muscle tone
Reproduction
Healthy skin

Insulin production
Immune system
Nervous system
Cell function
Feel good chemicals
Longevity

SOURCES of FAT-SOLUBLE ACTIVATORS IN THE TRADITIONAL AMERICAN DIET



Also:
Organ meats such as liver, and contained in sausage, scrapple, liverwurst, pate etc.

ACTIVATOR X = VITAMIN K_2

ANIMAL FORM: K2 is the animal form of vitamin K, made from K1, the plant form

GROWTH: Plays important role, especially in facial development. (Sign of deficiency: Underdevelopment of middle third of the face.)

BONES AND TEETH: Needed for deposition of phosphorus and calcium in bones and teeth

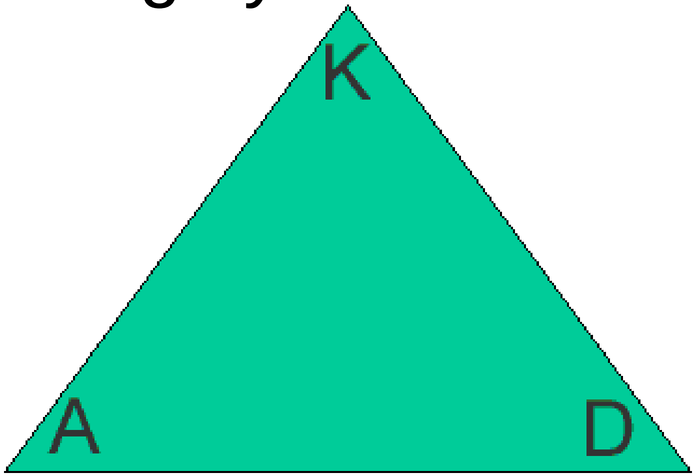
HEART DISEASE: Prevents calcification and inflammation of the arteries

BRAIN: Involved in synthesis of myelin sheath; supports learning capacity

REPRODUCTION: Vital for normal reproduction

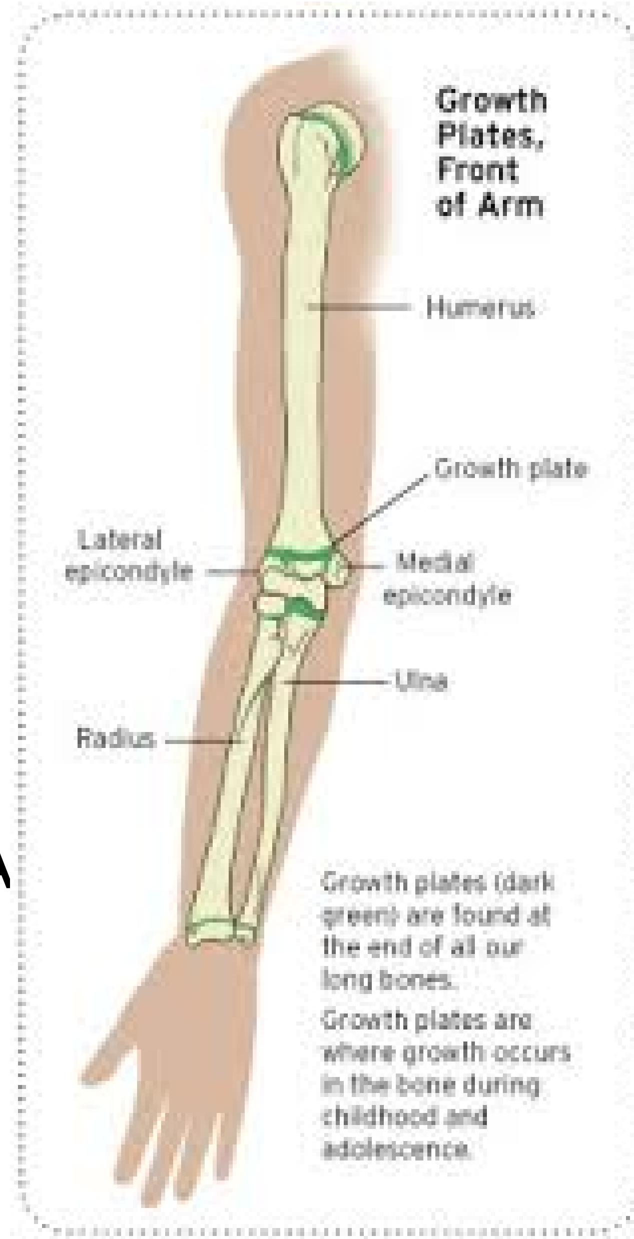
THE SYNERGY OF VITAMINS A, D and K_2

Vitamin K activates proteins after signaling by Vitamins A and D



Vitamins A and D tell cells to make certain proteins





Vitamin K2, supported by vitamins A and D, prevents the growth plates from closing prematurely, including the growth plates in the maxilla.

FOOD SOURCES OF VITAMIN K_2



BEAR FAT

NATTO (FERMENTED SOY)

GOOSE LIVER/DUCK LIVER

GOOSE FAT/DUCK FAT



AGED CHEESES



EGG YOLK

BUTTER

CHICKEN LIVER

FATTY MEATS

SAUERKRAUT

KEY NUTRIENTS FOR BRAIN DEVELOPMENT

VITAMIN A: Cod Liver Oil, Liver, Butter and Egg Yolks from Grass-Fed Animals

VITAMIN D: Cod Liver Oil, Lard, Butter and Egg Yolks from Grass-Fed Animals

VITAMIN K: Butter, Egg Yolks and Organ Meats from Grass-Fed Animals

CHOLINE: Liver, Egg Yolks

DHA: Cod Liver Oil, Liver, Butter, Egg Yolks

ARACHIDONIC ACID: Butter and meat fats

ZINC: Red Meat, Shell Fish

IMPORTANT SACRED FOODS

Butter from pastured cows
Lard from pastured animals
Raw milk and cheese
Eggs, especially yolks, from pastured animals
Cod liver oil
Liver and other organ meats
Oily fish and shellfish
Fish eggs
Bone broths

GRASSFED BUTTER: THE QUEEN OF FATS

- Rich source of fat-soluble activators, A, D and K_2. Also an excellent source of vitamin E.
- Source of protective shorter-chain fatty acids
- Provides cholesterol and
- An excellent source of
  arachidonic acid (AA)



THE MANY ROLES OF SATURATED FAT

CELL MEMBRANES – should be 50% saturated fatty acids.

BONES – Saturated fats help the body put calcium in the bones.

HEART DISEASE – Lower Lp(a), a marker for heart disease.

HEART FUNCTION – Saturated fats are preferred food for the heart.

LIVER – Saturated fats protect the liver from alcohol & other poisons.

LUNGS – Can't function without saturated fats.

KIDNEYS – Can't function without saturated fats.

IMMUNE SYSTEM – Enhanced by saturated fats.

ESSENTIAL FATTY ACIDS – Work together with saturated fats.

DETOXIFICATION – Supports body's detox mechanisms



CONFINEMENT vs. GRASS-FED
BUTTER BUTTER

10-13 times more vitamin A and
3 times more vitamin D in grass-fed butter







THE SACRED COW

Transforms green grass and sunlight into vitamins A, D and K.



www.nutritioncpr.com


Deaths During a 10-Year Period
Deaths due to FDA-approved prescription drugs
1,060,000
Source: JAMA 1998
Deaths due to USDA-approved foods
Produce - 3,330
Poultry - 2,780
Pork - 820
Fish - 710
Beef - 550
Source: CDC 1998-2008
Deaths due to unapproved raw milk
0
Source: CDC
Learn more at:
Health Impact News - www.HealthImpactNews.com



RAW CHEESE FROM PASTURED ANIMALS

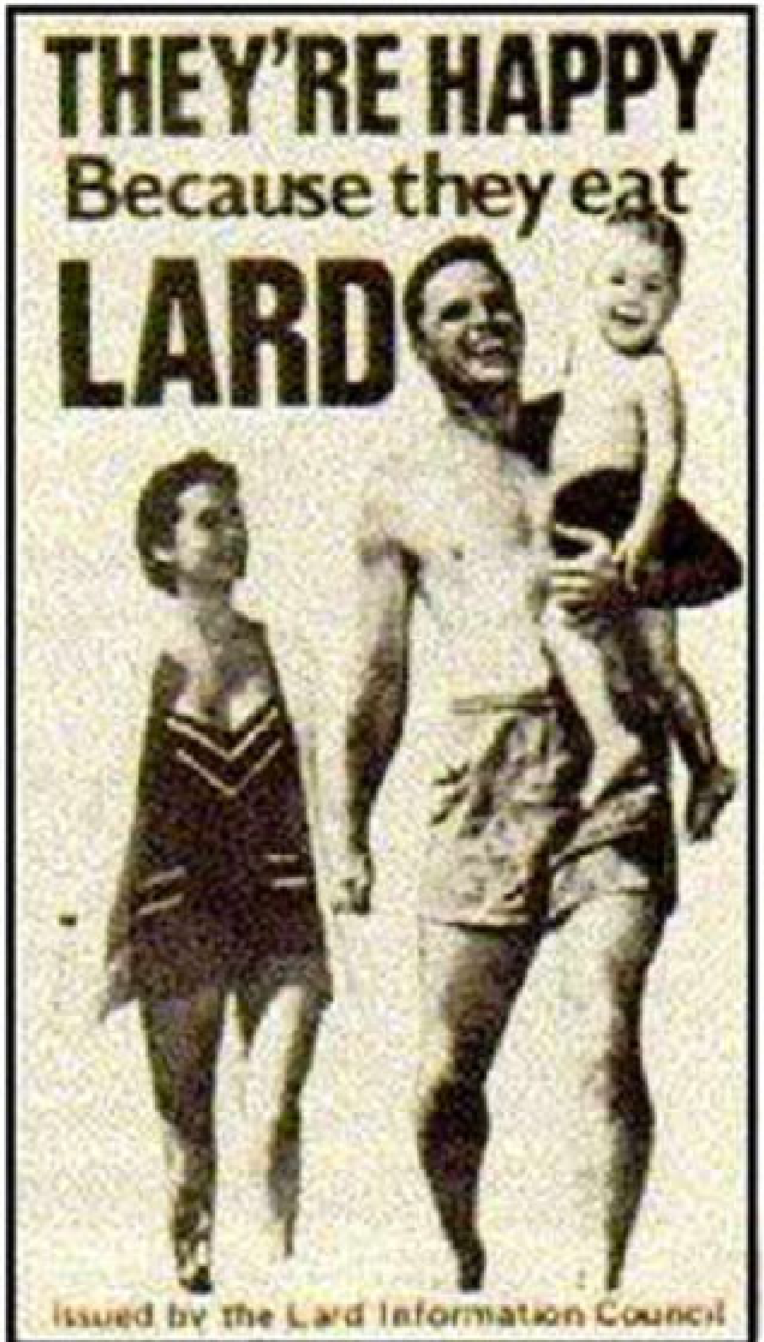
A complete food!



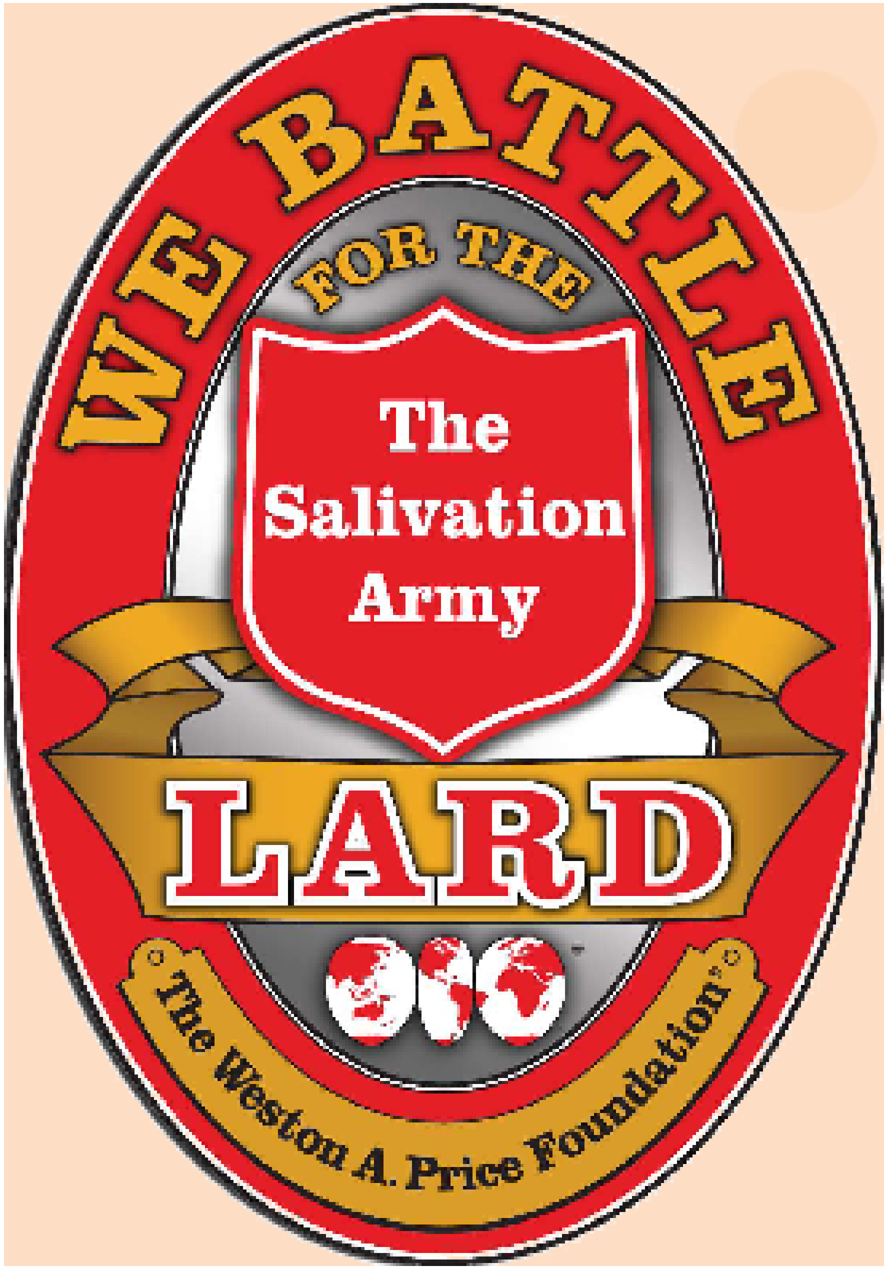
THE SOLUTION TO VITAMIN D DEFICIENCY!

12 times more vitamin D in lard from pastured animals compared to conventional

One test found 1100 IU vitamin D in 1 tablespoon of grass-fed lard!



Vitamin D in lard helps the body make neuro-chemicals that protect against depression.


WE BATTLE
FOR THE
The Salivation Army
LARD
The Weston A. Price Foundation

THE SIX BASIC GOOD FATS AND OILS







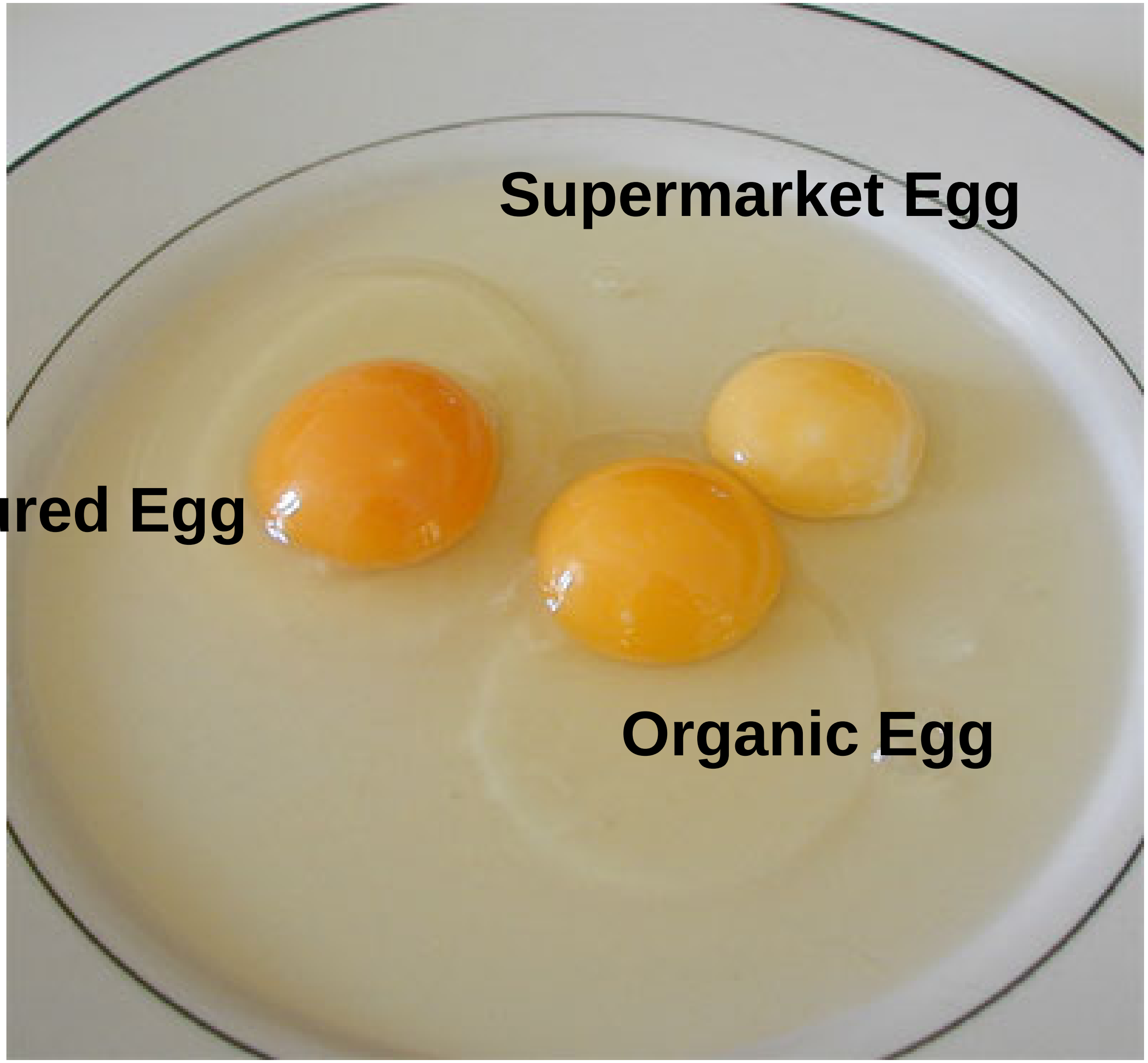








Pastured Butter, Extra Virgin Olive Oil, Pastured Lard, Coconut Oil, Fermented Cod Liver Oil



EGG YOLKS

8 times more vitamin D,

2 times more vitamin A

in pastured egg compared to supermarket egg

THE PASTURED POULTRY MODEL



FISH LIVER OILS

- Excellent source of vitamins A and D
- Excellent source of DHA
- High vitamin oils allow one to get enough vitamins A and D without overdosing on EPA.

SHELLFISH

Rich source of vitamins A, D, K2, cholesterol, choline, zinc and B12









LIVER



Lots of ways to eat liver:

- Sauteed liver
- Liverwurst
- Braunschweger
- Pate
- In sausage
- Mixed in meat loaf, meat balls, etc.

LIVER: No food higher in nutrients

Per 100 g	**Apple**	**Carrots**	**Red Meat**	**Liver**
Phosphorus	6 mg	31 mg	140 mg	476 mg
Iron	.1 mg	.6 mg	3.3 mg	8.8 mg
Zinc	.05 mg	.3 mg	4.4 mg	4.0 mg
Copper	.04 mg	.08 mg	.2 mg	12 mg
Vitamin B2	.02 mg	.05 mg	.2 mg	4.2 mg
Vitamin A	0	0	40 IU	53,400 IU
Vitamin C	7 mg	6 mg	0	27 mg
Vitamin B6	.03 mg	.1 mg	.07 mg	.73 mg
Vitamin B12	0	0	1.84 mcg	111.3 mcg

Eat liver fried, grilled, with bacon, in sausage, pate and liverwurst.

CHICKEN LIVERS



Pasture Raised Conventional Organic

FISH EGGS

Peruvian Girl with Dried Fish Eggs. . . "for healthy babies."

- Activator X (Vitamin K2)
- Vitamin A
- Vitamin D
- Zinc
- Iodine
- DHA

All essential to healthy reproduction.



SALMON CAVIAR





UBE Lab tests show 1 tablespoon caviar supplies 17,000 IU vitamin D!!

CAVIAR SYNERGY



Caviar plus sour cream supplies vitamins A, D and K2 all together!

Also sour cream and caviar provides good fatty acid balance.

REAL BONE BROTH







Good broth resurrects the dead.

South American Proverb

BONE BROTHS

1. Supply calcium and other minerals in a form easy to assimilate
2. Supply nutrients that help build healthy cartilage
3. Supply amino acids that help the body detoxify
4. Supply gelatin to help digestion
5. Support gut health
6. Glycine in broth regulates mood

A NUTRIENT-DENSE BREAKFAST!



2 pastured eggs

2 thick pieces pastured bacon

Pineapple cooked in bacon fat

Sourdough toast with 2 tablespoons butter

Glass of whole raw milk

Half fresh grapefruit

High-vitamin cod liver oil

Provides vitamins A, D and K in large amounts
PLUS: Calcium, phosphorus, iodine, vitamin C, B vitamins, choline

JUST SAY NO TO INDUSTRIAL FOOD-LIKE SUBSTANCES

“Life in its fullness is Mother Nature obeyed.”
Weston A. Price, DDS



Factory foods are not Mother Nature’s foods!

WORST OFFENDERS

Industrial fats and oils
High fructose corn syrup, agave “nectar”
MSG
Artificial Sweeteners
Modern Soy Foods
Breakfast Cereals
Pasteurized and Homogenized Milk

INDUSTRIAL FATS AND OILS

Liquid polyunsaturated oils cause UNCONTROLLED REACTIONS in the body

Solid partially hydrogenated oils INHIBIT REACTIONS in the body

The result. . .

BIOCHEMICAL CHAOS

THE BAD FATS!


margarine spread

MARGARINE
LAND O LAKES
MARGARINE

Benecol
Spread

Reduce
Cholesterol
Reduce
Cholesterol



Crisco
Mazola

Cool Whip
Cool Whip

KRAFT
Miracle Whip

Crisco
All-Vegetable

MODERN SOY FOODS ARE IMITATION FOODS!









PROBLEMS WITH SOY FOODS

PHYTIC ACID: Blocks absorption of calcium, magnesium, iron, copper and especially zinc.

PROTEASE INHIBITORS: Block protein digestion, cause swelling of pancreas.

ISOFLAVONES: Block thyroid function and cause endocrine disruption. Lower cholesterol

LECTINS: Irritating to the gastrointestinal tract.

MANGANESE: High levels can cause brain damage in infants

OXALATES: High levels can cause kidney stones.


Lucky Charms
NEW SWIRLED MOONS!
SAVE UP TO $6.00
MAKES CENTS
NOW WITH 3 RAINBOWS!
Whole Grain First Ingredient
2 Boxes
DISCOVER 6 NEW SWIRLED MOONS
FAMILY SIZE
Marshmallow Dreams
CRISPY RICE
wonderbowl.
Cinnamon Toast Crunch
Chocolate Cheerios
Toasted Oats
4.39

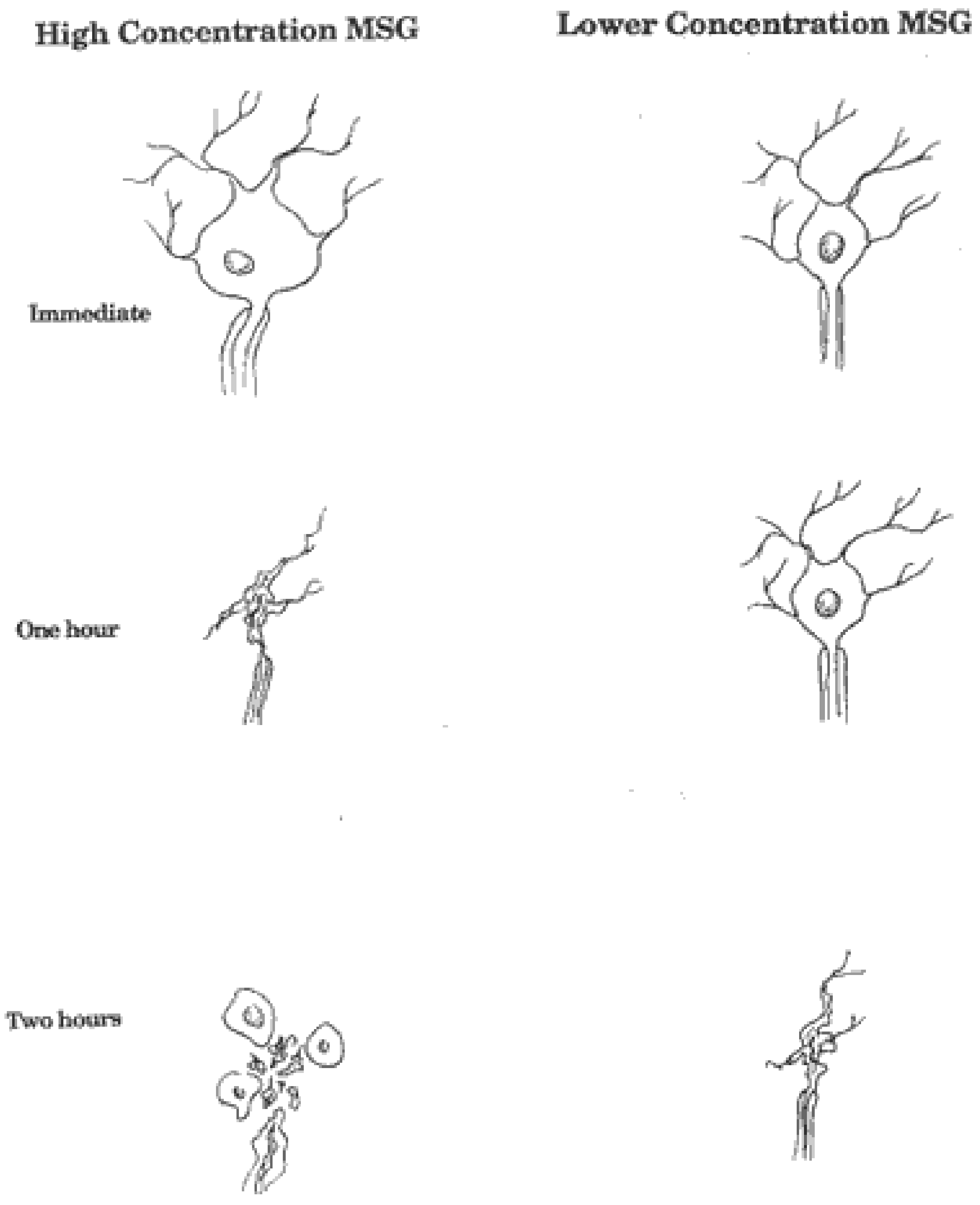
FOODS THAT CONTAIN HIGH LEVELS OF MSG



MSG has been linked to: diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's.

INGREDIENTS THAT CONTAIN MSG

Monosodium glutamate	Yeast Extract
Hydrolyzed Vegetable Protein	Autolyzed Yeast
Hydrolyzed Protein	Hydrolyzed Oat Flour
Hydrolyzed Plant Proetin	Corn Oil
Plant Protein Extract	Reduced fat dairy products
Sodium Caseinate	Soy Protein Isolate
Calcium Caseinate	Natural Flavors
Textured Vegetable Protein	Flavors



From

EXCITOTOXINS

By

Russell Blaylock, MD

HONORING OUR HEALTHY GUT FLORA

BENEFICIAL BACTERIA

OLD PARADIGM: Healthy human body is sterile and microbes attack it, making us sick.

NEW PARADIGM: Healthy human body lives in symbiotic relationship with microorganisms.

SIX POUNDS of healthy bacteria in our digestive tract

Digest our food
Assist in assimilation
Create nutrients
Protect us against toxins
Help us feel good

Without good bacteria, we are dead!

LACTO-FERMENTED CONDIMENTS

provide enzymes and good bacteria



Beet relish

Ginger carrots

Cortido

(spicy So. American sauerkraut)

Pineapple chutney

Raspberry syrup

Apricot butter

COMMERCIALLY AVAILABLE

LACTO-FERMENTED BEVERAGES



KOMBUCHA



KVASS



SOUR GRAIN DRINK

GRAINS:
BANE OR BLESSING?



GRAIN PREPARATION IN TRADITIONAL DIETS

Seeds, grains, legumes & nuts are soaked, sprouted, fermented or naturally leavened

Deactivates ENZYME INHIBITORS (block digestion)

Neutralizes PHYTIC ACID (blocks mineral absorption)

Neutralizes TANNINS and LECTINS (irritants)

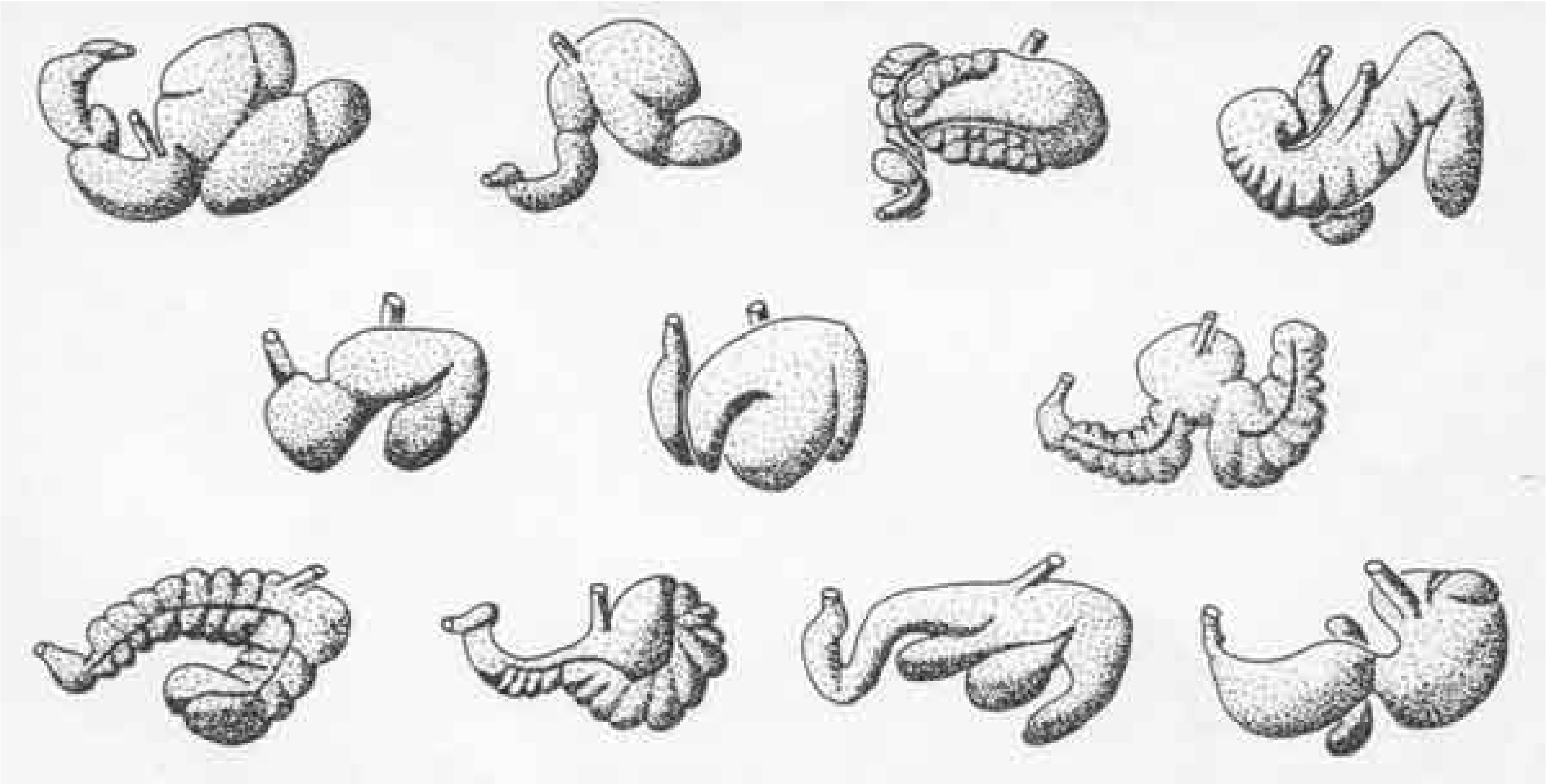
Pre-digests COMPLEX STARCHES & SUGARS (hard to digest)

Begins breakdown of GLUTEN (hard to digest; can be toxic)

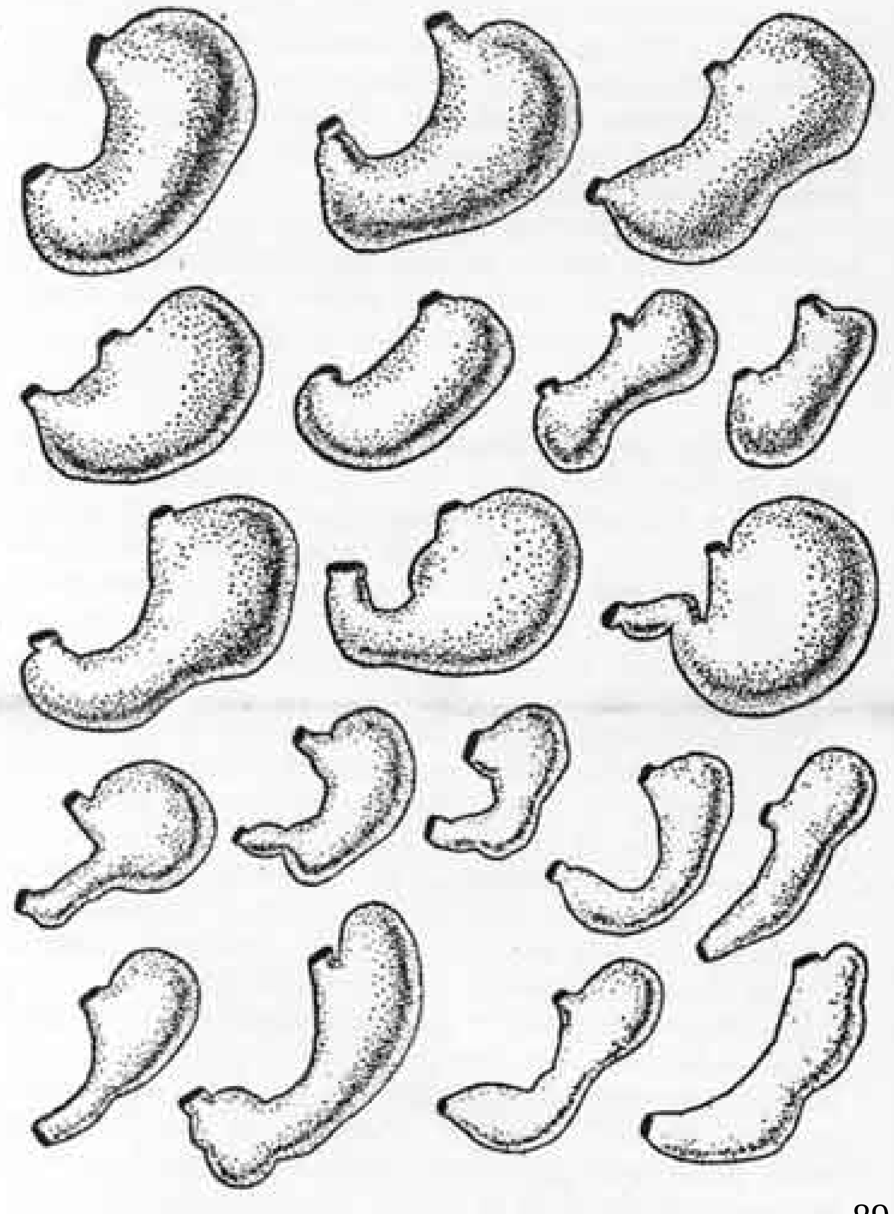
Begins breakdown of CELLULOSE (impossible to digest)

Proper preparation makes seed foods more digestible and their nutrients more available.

HERBIVORE STOMACHS



HUMAN STOMACHS



PROPER PREPARATION OF SEED FOODS

Imitates natural factors that neutralize the seed's "preservatives" and allow it to sprout:

Moisture

Warmth

Slight Acidity

Time



TRADITIONAL CHEROKEE CORN PREPARATION

Two weeks fermentation wrapped in corn husk

GOOD GRAIN BREAKFAST



1. Soak rolled oats in warm water and 1 tablespoon of something acidic (whey, yoghurt, vinegar or lemon juice) overnight.









2. Next morning, bring water and salt to a boil.

3. Add soaked oatmeal, bring to a boil and cook, stirring, for one minute.

4. Cover and let sit several minutes.





5. Serve oatmeal with plenty of butter or cream and a natural sweetener. Sprinkle coconut and/or crispy nuts on top if desired.



SALT IS NEEDED FOR

Protein digestion

Carbohydrate digestion

Development of brain

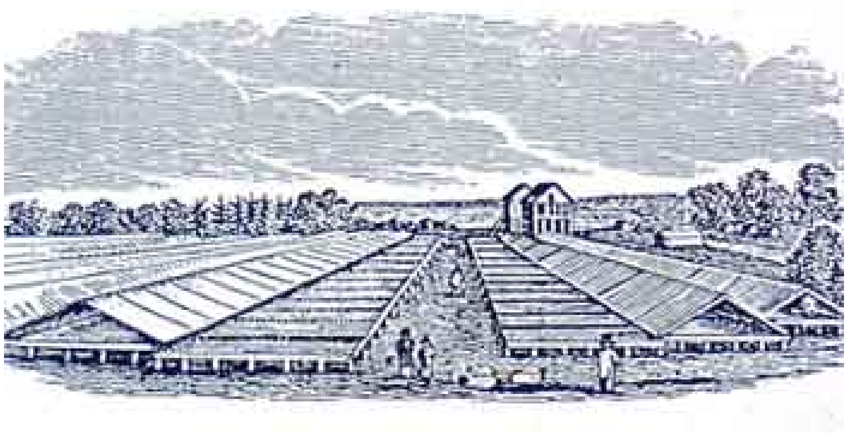
Adrenal function

Cellular metabolism

TRADITIONAL SALT PRODUCTION







Traditional salt production involved the simple evaporation of sea water. The salt was rich in magnesium and trace minerals.

Modern salt has all the magnesium and trace minerals removed and contains aluminum-based additives.

UNREFINED SALT



Salt should be gray, beige or pink (not white), indicating the presence of minerals.

THE SOLUTION TO FATIGUE:
Easy Digestion

- Raw Dairy, not pasteurized
- Proper Preparation of Grains
- Lacto-Fermented foods, rich in enzymes and beneficial bacteria
- Gelatin-rich bone broths

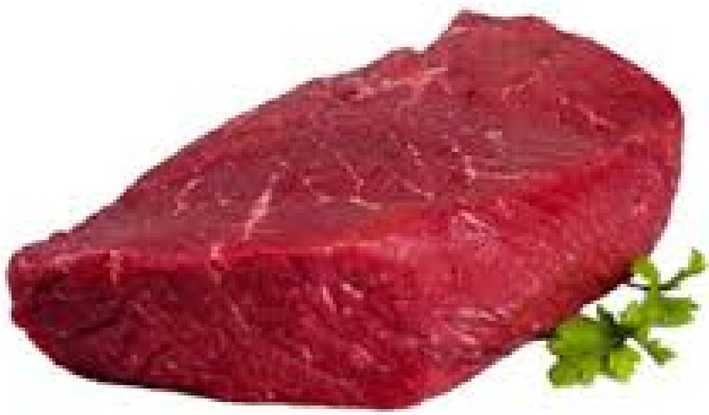
Less energy required for digestion =
More energy for you!

THE PURITANICAL DIET



The virtuous, plant-based, low-fat, low-salt, high-fiber diet.

Approved by dietitians! Impossible to stay on.



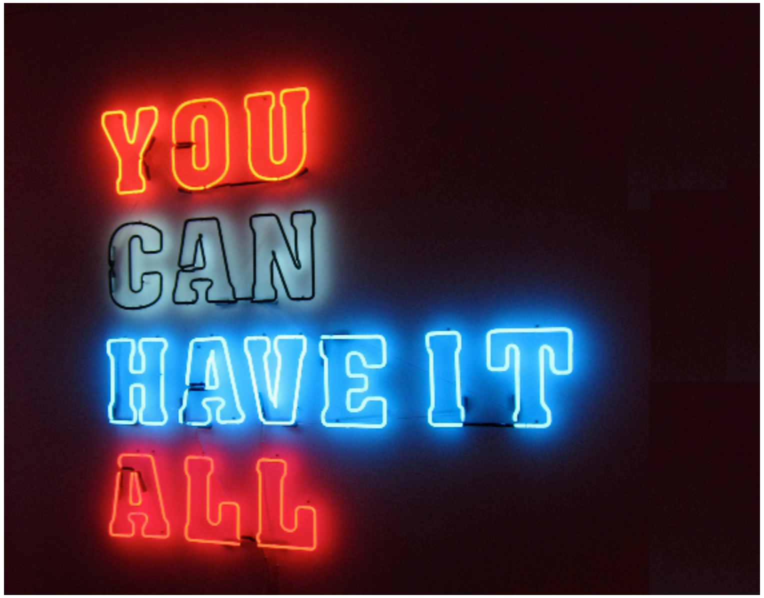




THE PORNOGRAPHIC FOODS





No deprivation on the Wise Traditions diet!

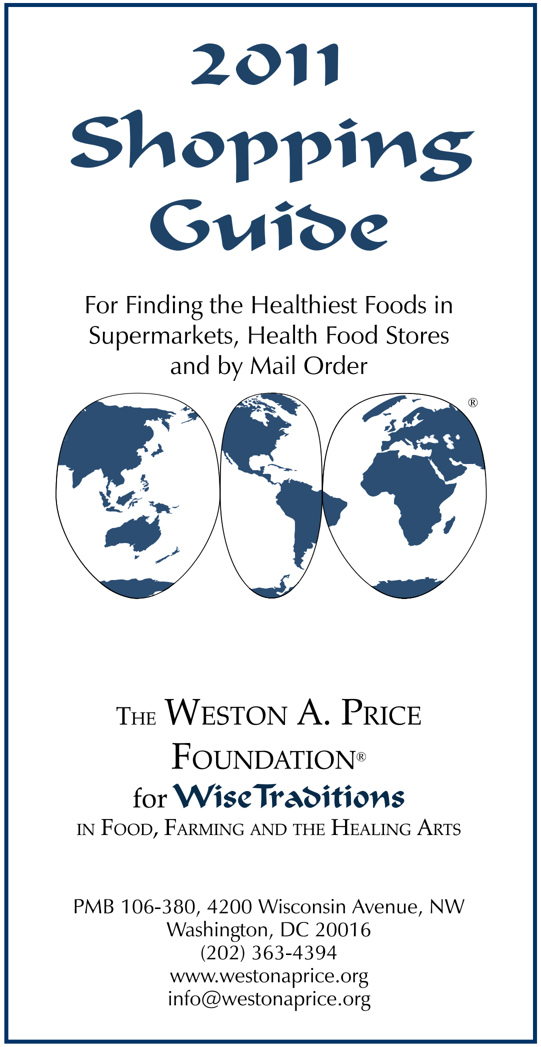
Meat!
Sauces and Gravy!
Bacon!
Eggs!
Seafood!
Fats!
Salt!
Grains!
Milk and Cheese!
Pickles!
Vegetables!
Soups!
Sweets!
Soft Drinks!

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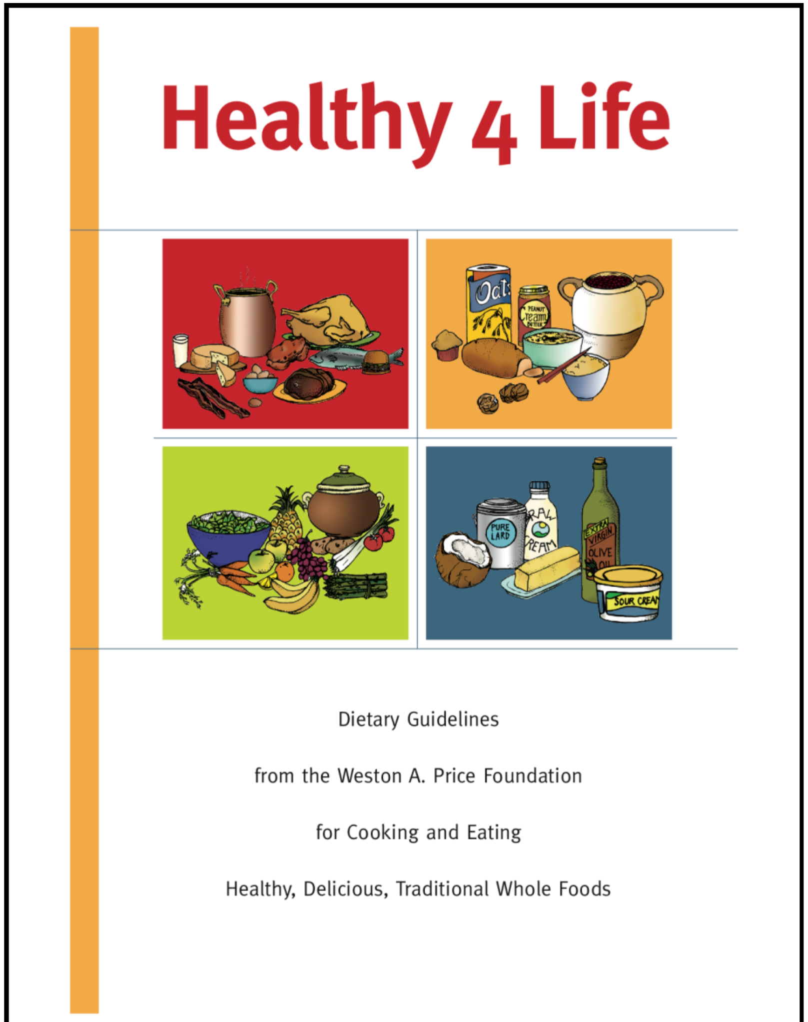
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Healthy 4 Life

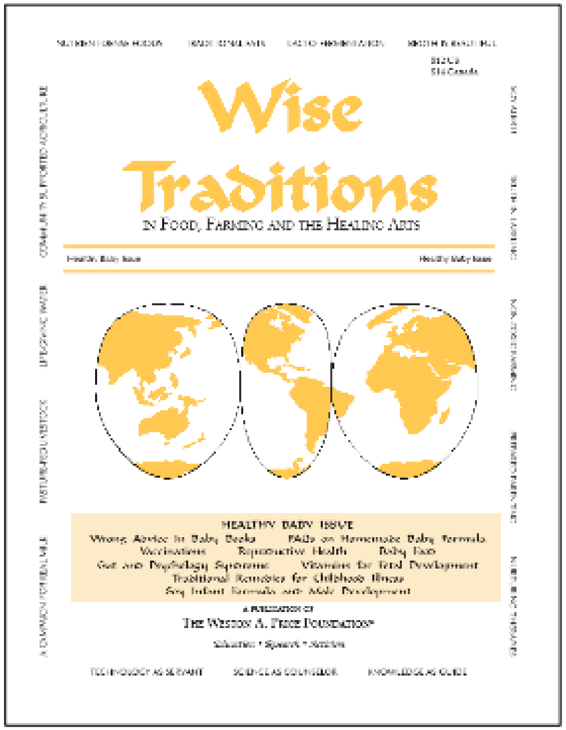
Dietary Guidelines

from the Weston A. Price Foundation

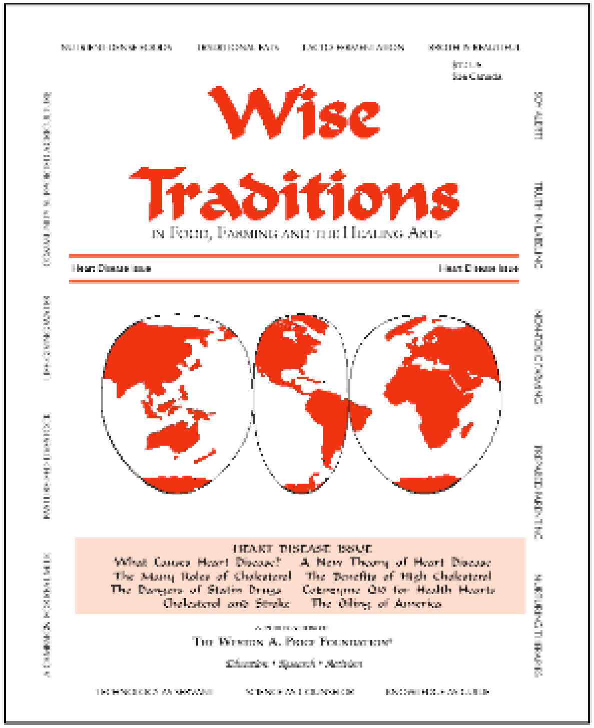
for Cooking and Eating

Healthy, Delicious, Traditional Whole Foods

COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS

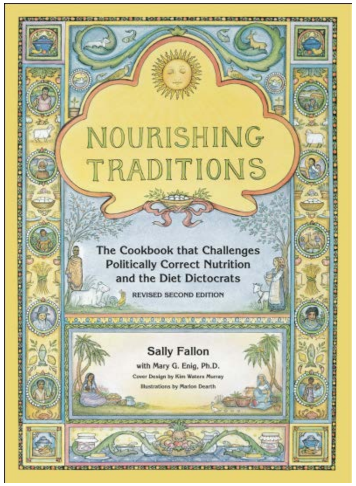


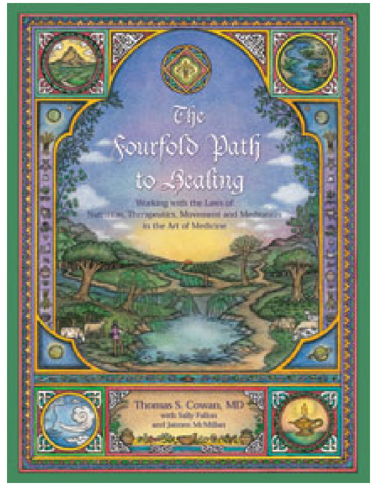
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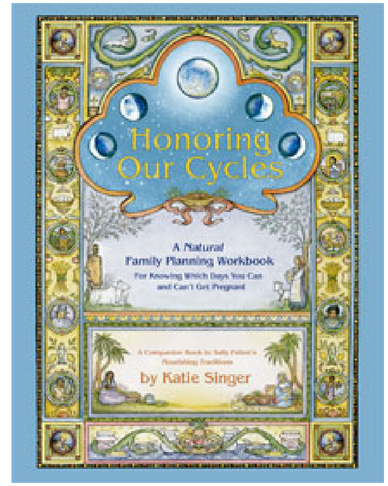


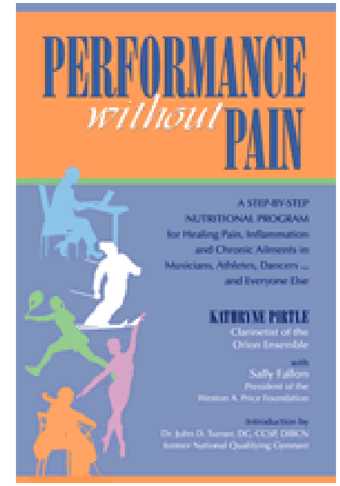
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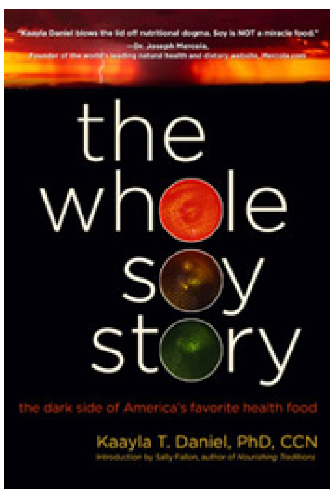
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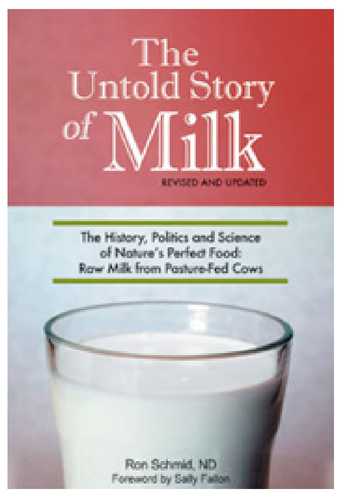


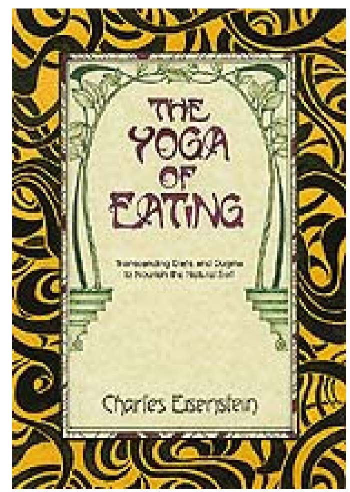


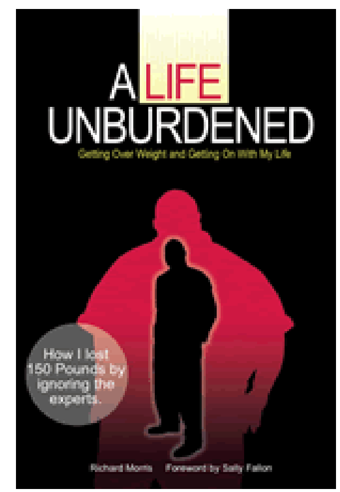












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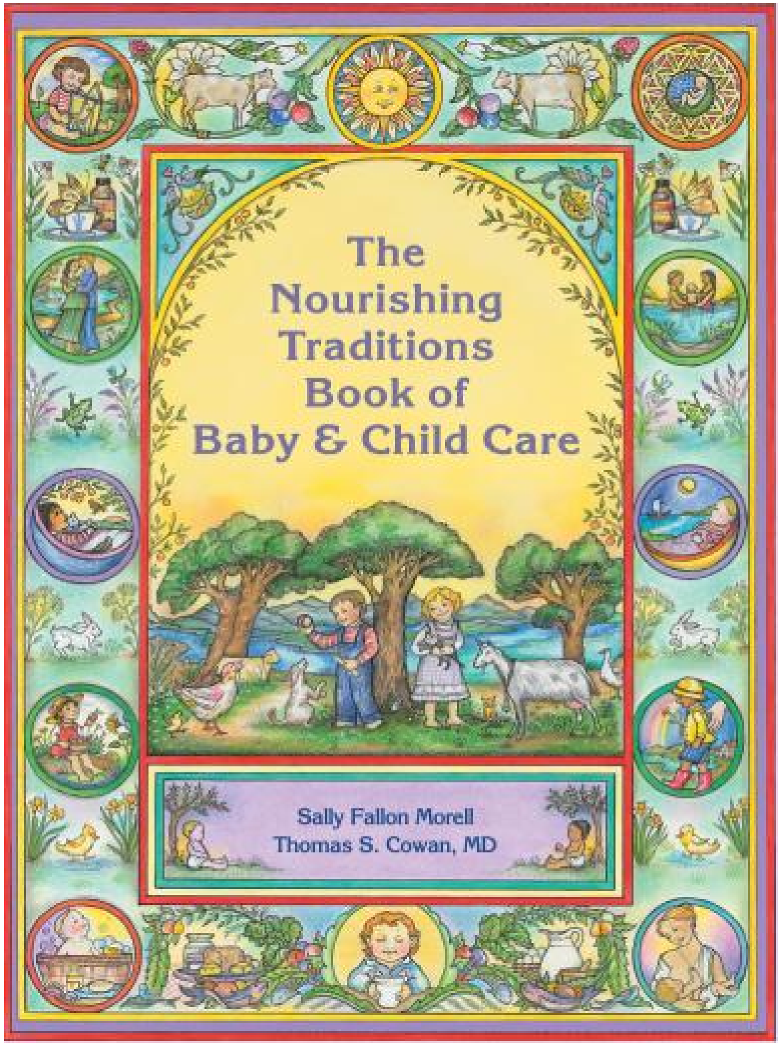
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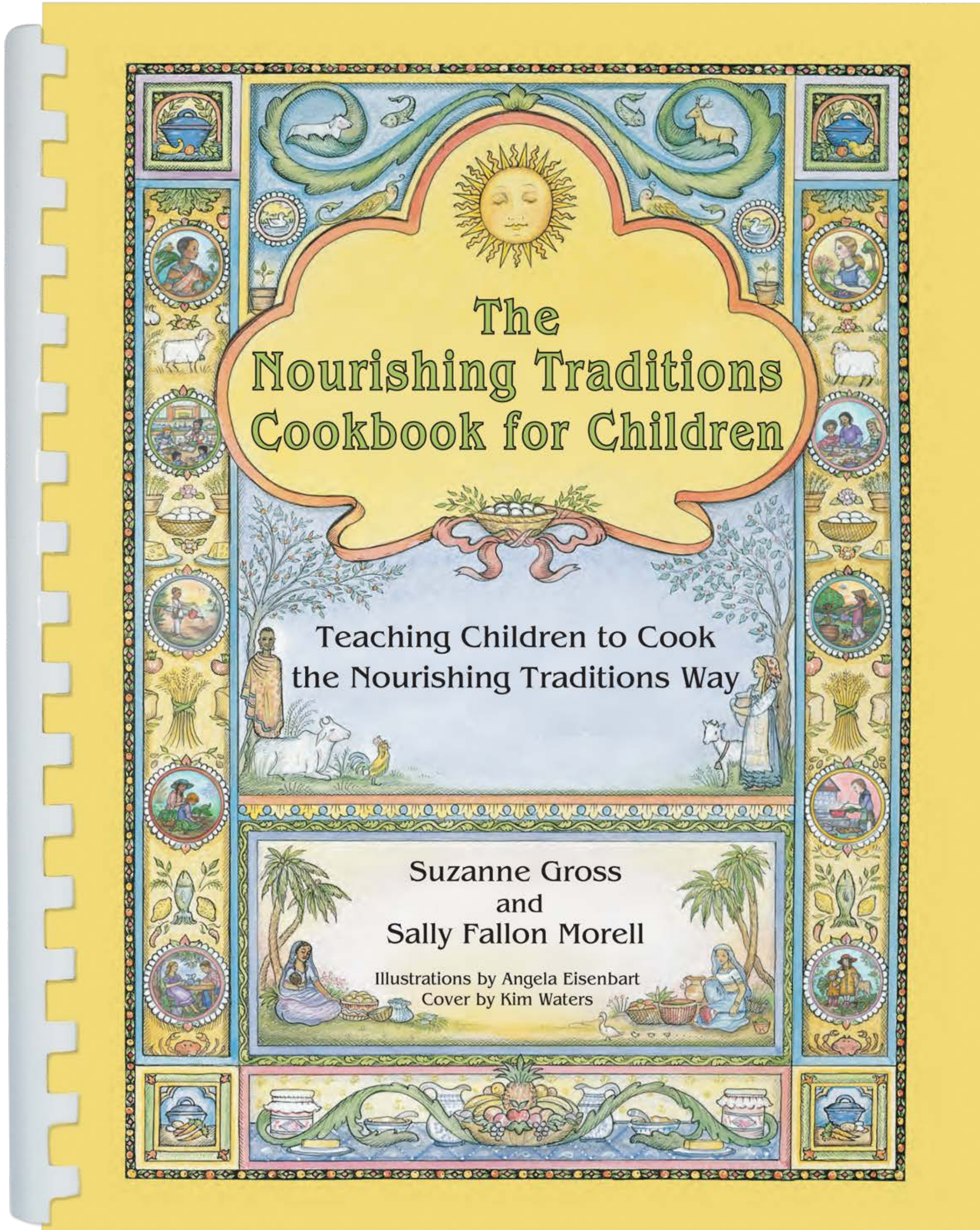
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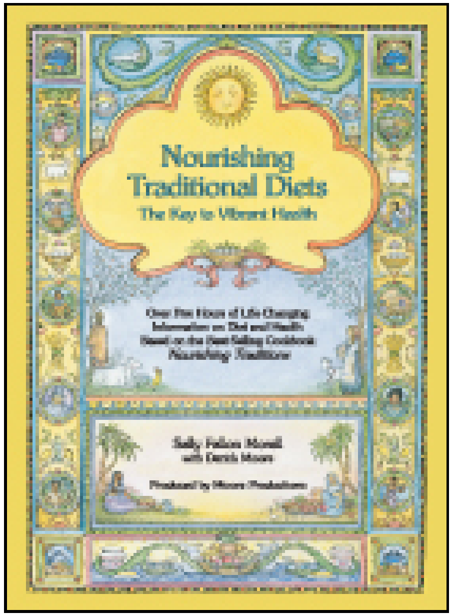
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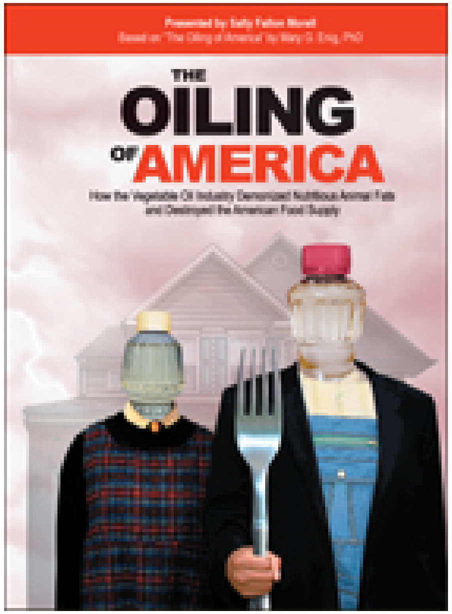



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Five-Hour Seminar on Nourishing Traditional Diets

The Oiling of America

A long version of this presentation is posted at http://www.pediatricalternatives.com/sally-fallon-morell.html

SUMMARY

Traditional diets *maximized* nutrients while modern diets *minimize* nutrients

TRADITIONAL DIETS	MODERN DIETS
Foods from fertile soil	Foods from depleted soil
Organ meats over muscle meats	Muscle meats, few organs
Animal fats	Vegetable oils
Animals on pasture	Animals in confinement
Dairy products raw and/or fermented	Dairy products pasteurized
Grains and legumes soaked/fermented	Grains refined, extruded
Bone broths	MSG, artificial flavorings
Unrefined sweeteners (honey, maple syrup)	Refined sweeteners
Lacto-fermented vegetables	Canned vegetables
Lacto-fermented beverages	Modern soft drinks
Unrefined salt	Refined salt
Natural vitamins in foods	Synthetic vitamins added
Traditional Cooking	Microwave, Irradiation
Traditional seeds/Open pollination	Hybrid seeds, GMO seeds